

TOWN OF SOUTHAMPTON RECREATION NEWS FALL 2012

Parks & Recreation, Senior Services and Youth Bureau

Holiday Bus Trip to NYC



Date: Saturday, December 1

Time & Place: 8:00 a.m. - Bus departs from Red Creek Park,
102 Old Riverhead Road, Hampton Bays
7:00 p.m. - Bus promptly departs from our Manhattan
bus stop, 53rd Street between 5th and 6th Avenue

Fee: Residents \$30 Non-Residents \$40

We will make three drop offs in the morning, traffic permitting, Macy's, TKTS Booth and the Museum of Natural History. Spend the day in New York City, take in a Broadway show, visit a museum, go shopping or see the holiday displays throughout the city.

This trip fills up quickly. Sign up early!

"Christmas Spectacular"

Radio City Music Hall, NY



Date: Wednesday, December 12

Time & Place: 10:00 a.m. - Bus departs from Red Creek Park,
102 Old Riverhead Road, Hampton Bays
7:00 p.m. - Bus promptly departs from 53rd Street
between 5th and 6th Avenue.

Fee: Residents \$90 Non-Residents \$100
(includes Hampton Jitney Transportation and mezzanine seating)

Our trips to Radio City traditionally sell out, so be sure to register early for what is billed as the "#1 Show in America!" Join the legendary Radio City Rockettes as they welcome the holiday season in grand style!!

Tickets are for the 2:00 p.m. show



Town Supervisor

Anna Throne-Holst

Town Board

Bridget Fleming James W. Malone
Christopher R. Nuzzi Christine P. Scalera

Town Clerk

Sundy A. Schermeyer

Parks & Recreation Department

Christopher F. Bean, Superintendent



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Registration Instructions

Registration for all Parks & Recreation Fall programs is currently open and on-going, by mail, in-person or by phone with credit card (Visa, MasterCard or Discover) at the Parks & Recreation Office located at:

6 Newtown Road, Hampton Bays, NY 11946

Phone (631) 728-8585 Fax (631) 728-8525

Website: www.southamptontownny.gov

To Register:

If you received this in the mail you already have an account in our computer system and you may register by phone or fax with a credit card or use the registration form on the next page to mail-in your program registrations and payment.

If you do not have an account with us, you must open one to be able to register for Parks & Recreation programs. To open an account, you must submit proof of residency and proof of age for children, along with your program registration form. This is a one time registration process. Please call 728-8585 if you need to verify if you have an account with us.

Proof of Residency:

To open a resident account in our registration system, residents or taxpayers must present one of the following: current driver's license with Southampton Town address, current Southampton Town tax bill, recorded deed showing purchase of property within the year, or utility bills (electric, phone, water or cable) with a Southampton Town address dated at least 12 months prior to application date.

Leases are not accepted as proof of residency.

Pre-registration with payment is required for all recreation programs, except where noted in program descriptions. Program fees cannot be pro-rated. A program refund will be granted only if the request is made more than five (5) business days prior to the start of a program, or if we cancel a program due to insufficient enrollment or other reason. A \$25 service fee will be charged for all checks returned by the bank.

Bus trip tickets are non-refundable unless there is a trip waiting list and the reservations can be used. To take advantage of the resident rate, for each ticket purchased proof of residency must now be shown.

All persons participating in Town of Southampton sponsored recreation programs participate at their own risk. Participants are advised to consult with their physician prior to enrollment and participation in activities which may be strenuous.

Parks & Recreation Dept. Registration Form

Name: _____ Email: _____

Mailing Address (in Town of Southampton): _____ Street _____ City _____ State _____ Zip _____

Mailing Address (other residence, if applicable): _____ Street _____ City _____ State _____ Zip _____

Home Phone #: _____ Work Phone #: _____ Cell Phone #: _____

Emergency Contact Name: _____ Emergency Phone #: _____

<u>Registrant Name</u>	<u>Program Name</u>	<u>Program # (if applicable)</u>	<u>Program Fee</u>
		1st Choice: 2nd Choice:	
		1st Choice: 2nd Choice:	
		1st Choice: 2nd Choice:	
		1st Choice: 2nd Choice:	

IF YOU DID NOT RECEIVE THIS IN THE MAIL - PLEASE READ PAGE 3 CAREFULLY!
★ PLEASE MAKE COPIES OF REGISTRATION FORM IF ADDITIONAL SPACE IS NEEDED ★
Make checks payable to the "Town of Southampton" PLEASE SUBMIT SEPARATE CHECKS FOR EACH PROGRAM
(This allows us to return checks for programs which have filled, without holding up registrations for other programs)
Mail To: Town of Southampton, Parks & Recreation Department, 6 Newtown Road, Hampton Bays, NY 11946

Parks & Recreation Programs

Movement & Yoga for Baby & Parent

Instructor: Gail Benevente of A&G Dance Company

Program 1: **Thursdays, October 4 - November 1**

Program 2: **Thursdays, November 15 - December 20 (no class 11/22)**

Time: 3:00 p.m. - 3:45 p.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$45 Non-Residents \$55

Age: 6 months - 3 years old

Bring you and your baby to this fun and interactive 45 minute stretching and movement class. We will play music, jump, roll, breathe, stretch, lunge and other activities. This is a great social interaction for children and you will work up a sweat. Bring a towel and water

CPR for Friends & Family

American Heart Association



Date: **Tuesday, October 9**

Time: 6:00 p.m. - 9:00 p.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Age: 12 yrs. old - Adult

Fee: Residents \$30 Non-Residents \$40 (includes book fee)

This American Heart Association course is designed for all lay rescuers, such as school children, family members of patients at risk for sudden cardiac death, parents and other laypersons who want to learn rescue skills for loved ones. Participants will learn to recognize the signs and symptoms of heart attack, cardiac arrest, choking and stroke. All attending will receive a certificate of completion.

CPR & AED Training

American Heart Association



Heart Saver CPR: **Tuesday, October 16**

Time: 6:00 p.m. - 9:00 p.m. **Fee:** Residents \$40 Non-Residents \$50

Place: Lodge at Squiretown Park, 62 Red Creek Rd, Hampton Bays

BLS Recertification Course: **Tuesday, November 27**

Time: 6:00 p.m. - 9:00 p.m.

Place: Hampton Bays Senior Center, 25 Ponquogue Avenue

Fee: Residents \$35 Non-Residents \$45

Thriller Dance Workshop



Instructors: A&G Dance Company

Date: Friday, October 19

Place: Lodge at Squiretown Park,
62 Red Creek Rd, Hampton Bays

Fee: \$10

Come to this fun dance workshop and learn Michael Jackson's Thriller choreography. For all ages.

Sports "Squirts"



Instructor: U.S. Sports Institute

Dates: Fridays, September 21 - October 26 (6 classes)

Time: 3:30 p.m. - 4:30 p.m.

Place: Red Creek Park North Soccer Field
102 Old Riverhead Road, Hampton Bays

Age: 3 - 5 years old

Fee: Residents \$105 Non-Residents \$115

This program is designed to introduce young children to a variety of sports in a safe, structured and fun environment. All games and activities will encompass hand/eye coordination, balance, agility, and movement. In addition children will develop social interaction and communication skills. Sports include Soccer, T-Ball, Hockey, Lacrosse Tennis, Basketball.

Soccer "Squirts"



Instructor: United Soccer Academy

Dates: Fridays, September 21 - October 26 (6 classes)

Time: 4:30 p.m. - 5:30 p.m.

Place: Red Creek Park North Soccer Field
102 Old Riverhead Road, Hampton Bays

Fee: Residents \$105 Non-Residents \$115

Age: 3 - 5 years old

United Soccer Academy's "Soccer Squirts" Program introduces soccer in a fun filled environment to 3, 4 and 5 year old boys and girls. Players learn the fundamentals of soccer through a range of structured activities and fun games. The soccer based activities promote the development of motor and communication skills, encourage group interaction and are an excellent form of exercise.

Kids on Camera



Instructor: Frank Cento

Dates: Saturdays, October 13 - November 17 (6 classes)

Time: 10:00 a.m. - 11:30 a.m. **Age Group:** 7 - 9 year olds

Place: East Quogue Marina Building, Bay Avenue, East Quogue

Fee: Residents \$90 Non-Residents \$95

Materials Fee: \$15 payable to instructor

Lights! Camera! Action! Everyone learns what it takes to make a whacky comedy by being in one. A short minute movie or music video will be shot with everyone performing. With editing, special effects, music and after the movie "out takes", a complete movie will be delivered. Each student gets a copy of finished movie. These movies are featured before the "Movies in the Park" series during the summer.

Introduction To Movie Acting



Dates: Saturdays, October 13 - November 17 (6 classes)

Time: 12:00 p.m. - 2:00 p.m.

Age Group: 10 - 13 year olds

Place: East Quogue Marina Building, Bay Avenue, East Quogue

Fee: Residents \$120 Non-Residents \$130

This class is designed for the student to become familiar with a result oriented creative environment, group bonding and the movie process. It is a controlled class with a specific script. Each student is assigned a role, rehearsals begin and then the camera rolls. Excellent for developing confidence and professional etiquette while learning focus and control. Everyone receives a DVD of the finished product.

Comedy & Improvisation For Youth



Dates: Saturdays, October 13 - November 17 (6 classes)

Time: 2:30 p.m. - 4:30 p.m.

Age Group: 12 - 15 year olds

Place: East Quogue Marina Building, Bay Avenue, East Quogue

Fee: Residents \$120 Non-Residents \$130

Be part of Frank Cento's comedy series "The World According to Us" This program is more free-wheeling and spontaneous comedy mixed with scripted sketches. The student is introduced to writers and comedians from vaudeville to today's stars. If you like improv or writing comedy and have taken other classes with Mr. Cento you should be part of the show. Everyone gets a DVD of the finished product.

Introduction to Dance & Movement

For Girls & Boys!

Instructor: Gail Benevente of A & G Dance Company

Place: Lodge at Squiretown Park,
62 Red Creek Rd., Hampton Bays

Fee: Residents \$45 Non-Residents \$55 **(5 classes)**



Age: 3 & 4 year olds **Time:** 4:00 p.m. - 5:00 p.m.

Program 1: Thursdays, October 4 - November 1

Program 3: Thursdays, Nov. 15 - December 20 (no class 11/22)

Age: 5 to 8 years old **Time:** 5:00 p.m. - 6:00 p.m.

Program 2: Thursdays, October 4 - November 1

Program 4: Thursdays, Nov. 15 - December 20 (no class 11/22)

These classes introduce children to the basic fundamentals of dance. Technique is based on ballet, modern and tap forms and will be taught in a fun and relaxed atmosphere. Classes will emphasize rhythm, coordination, breathing, musicality, balance, relation to time and space and creativity. Classes are grouped by age not by prior dance experience and are developmentally age appropriate based on NYS Early Childhood guidelines.

Comfortable jazz slippers, ballet shoes or bare feet recommended

Hip Hop Dance

Instructor: Adam Baranello of A & G Dance Company

Program 1: Thursdays, October 4 - November 1

Program 2: Thursdays, Nov. 15 - December 20 (no class 11/22)

Time: 6:00 p.m. - 7:00 p.m.

Place: Lodge at Squiretown Park,
62 Red Creek Rd., Hampton Bays

Fee: Residents \$45 Non-Residents \$55 **(5 classes)**

Ages: Boys and Girls 8 - 12 years old



These classes teach children modern "hip" moves emphasizing rhythm and weight control. Children will be encouraged to be creative and to push limits within themselves, each child will develop a keen sense of personal body awareness. Hip Hop is all about attitude and approach, not just mimicking steps.

Comfortable clothing, dance shoes or bare feet recommended



Skatepark Hours

October through December

Weekdays - 3:00 p.m. - 7:00 p.m.

Saturdays & Sundays - Noon - 7:00 p.m.

Closed Tuesdays

All skate park users must wear an ANSI or SNELL approved helmet, knee pads & elbow pads.



Cake Decorating for Beginners



Instructor: Diane Roncone

Program 1: Saturday, October 27

Program 2: Saturday, November 17

Program 3: Saturday, December 15

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Time: 12:00 p.m. - 1:30 p.m.

Age: 15 - Adults

Fee per program: Residents \$40 Non-Residents \$50

Make every holiday special with a beautifully decorated cake! Learn basic cake decorating skills using molds and/or easy techniques taught in class, everything is included. Come laugh, make new friends, and go home with a decorated mini-cake! Each program is a different themed cake.

Go to www.cakesofthehamptons.com for photos of cakes.

Tai Chi

Seniors Welcome!



Instructor: Sal Minardi

Program 1: Thursdays, October 11 - November 8 (5 classes)

Program 2: Thursdays, November 15 - December 20 (no class 11/22)

Time: 1:45 p.m. - 2:45 p.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$45 Non-Residents \$55

Tai chi chuan is a system of beautiful, flowing movements often described as "swimming in air". Qigong is an ancient mind body system of cultivating our natural energy. Regular practice of these closely related arts promotes high levels of health, flexibility, strength, longevity and peace of mind. This is a relaxing practical workshop designed to give beginners and returning students alike a solid foundation upon which to continue their practice at home and enjoy the benefits of those wonderful exercises.

One Stroke Painting



Instructor: Liz Mignerey

Place: Hampton Bays Community Center
25 Ponquogue Avenue, Hampton Bays

Time: 6:30 p.m. - 9:30 p.m.

Fee per program: Residents \$15 Non-Residents \$25

Materials Fee: \$15 payable to instructor for all materials necessary.
First time students may purchase brushes for \$10 a set at class.

In these classes learn basic tips and techniques and one stroke painting system. Lets you shade, blend and highlight in a single brush stroke. You will be walked through techniques in creating unique gifts. Great for beginner and advanced painters.

Program 1: Fall Project

Date: Tuesday, October 15

Program 2: Thanksgiving Project

Date: Tuesday, November 20

Program 3: Christmas Project

Date: Tuesday, December 18

Everything Interval



Instructor: Patty Tuzzolo of World Class Fitness

Wednesday Morning Classes 6:00 a.m. - 7:00 a.m.

Program 1: October 3 - October 31

Program 3: November 14 - December 12

Saturday Morning Classes 8:00 a.m. - 9:00 a.m.

Program 2: October 6 - November 3

Program 4: November 17 - December 15

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40 **(5 classes)**

This "all inclusive" class alternates between three minutes of cardio and four minutes of strength training. The cardio segments will feature a weekly variety of low impact aerobics, kickboxing, step and cardio ball. The sculpting exercises are carefully selected to strengthen and utilize all major muscles. Floor work of abdominals and stretches will complete this well rounded workout.

Basic Conditioning

Instructor: Maureen Lerch of World Class Fitness

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40 **(5 classes)**

Wednesday Morning Classes 8:00 a.m. - 9:00 a.m.

Program 1: October 3 - October 31

Program 3: November 14 - December 12

Saturday Morning Classes 9:30 a.m. - 10:30 a.m.

Program 2: October 6 - November 3

Program 4: November 17 - December 15



Total body conditioning using weights and your bodies own resistance. Tighten and tone major muscle groups and problem areas. This class is designed for beginners as well as experienced exercisers.

Adult Hip Hop

Instructor: Adam Baranello of A & G Dance Company

Program 1: Thursdays, October 4 - November 1 **(5 classes)**

Program 2: Thursdays, Nov. 15 - December 20 **(no class 11/22)**

Time: 8:00 p.m. - 9:00 p.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$45 Non-Residents \$55



Come have fun in this aerobic based dance class. Moves are fairly easy and repetitive to get you comfortably moving. With these moves we will build patterns which will progress each week. Bring sneakers, water and be ready to sweat!

Dance Medley Workout

Instructor: Maureen Lerch of World Class Fitness

Program 1: Wednesdays, October 3 - October 31

Program 2: Wednesdays, November 14 - December 12

Time: 10:00 a.m. - 11:00 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40

This dance exercise workout includes Latin dance to line dancing and lots in-between. Learn easy to follow low impact steps and have fun dancing to a variety of music steps.

Introduction to Pilates & Stretch

Instructor: Heather Rollo

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40 **(5 classes)**

Monday Evening Classes 7:00 p.m. - 7:45 p.m.

Program 1: October 1 - October 29

Program 5: November 12 - December 10

Tuesday Morning Classes 9:30 a.m. - 10:15 a.m.

Program 2: October 2 - October 30

Program 6: November 13 - December 11

Wednesday Evening Classes 6:30 p.m. - 7:15 p.m.

Program 3: October 3 - October 31

Program 7: November 14 - December 12

Thursday Morning Classes 10:30 a.m. - 11:15 a.m.

Program 4: October 4 - November 1

Program 8: November 15 - December 20 (no class 11/22)

This class will provide an introduction to a full body exercise program. You will improve balance and flexibility as well as strengthen the core muscles of the abs and lower back. All Levels Welcome.



Introduction to Yoga

Novice Level Classes!! All Ages Welcome!!

Instructor: Heather Rollo

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40 **(5 classes)**

Monday Evening Classes 7:45 p.m. - 8:45 p.m.

Program 1: October 1 - October 29

Program 4: November 12 - December 10

Wednesday Evening Classes 7:15 p.m. - 8:15 p.m.

Program 2: October 3 - October 31

Program 5: November 14 - December 12

Thursday Morning Classes 9:30 a.m. - 10:30 a.m.

Program 3: October 4 - November 1

Program 6: November 15 - December 20 (no class 11/22)

If you've never taken yoga before and are a bit intimidated or afraid you may not be flexible enough - here's the opportunity you've been looking for! Work at your own pace learning basic moves, slowly and comfortably, leading to increased flexibility, balance, and strength.

Please bring a mat, towel and wear comfortable clothing.



Pilates Mat Workout

Instructor: Maureen Lerch of World Class Fitness

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40 **(5 classes)**

Monday Morning Classes 8:00 a.m. - 9:00 a.m.

Program 1: October 1 - October 29

Program 3: November 19 - December 17

Friday Morning Classes 9:00 a.m. - 10:00 a.m.

Program 2: October 5 - November 2

Program 4: November 16 - December 14



Pilates uses non-aerobic floor exercises done on a mat to work the deep stabilizer muscles of the spine and the abdominal as well as the hip, shoulders, flexors and extensors to improve core strength and enhance overall muscle tone.

Basic Yoga

Instructor: Ann Harmon

Program 1: Tuesdays, October 2 - October 30 (5 classes)

Program 2: Tuesdays, November 13 - December 11

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Time: 5:15 p.m. - 6:45 p.m.

Fee: Residents \$45 Non-Residents \$55



Come and learn the ancient practice of Yoga. Become more flexible, focused and stronger while receiving all the benefits of Yoga. All levels welcome especially beginner students and Seniors. Ann Harmon is a certified yoga instructor with a 500 hour certification by Yoga Shanti in Sag Harbor.

Yogalates

Instructor: Adam Baranello of A & G Dance Company

Program 1: Thursdays, October 4 - November 1 (5 classes)

Program 2: Thursdays, Nov. 15 - December 20 (no class 11/22)

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Time: 7:00 p.m. - 8:00 p.m.

Age: 14 yrs - Seniors

Fee: Residents \$45 Non-Residents \$55



These classes are a perfect blend of yoga and Pilates, providing the students with a practical total body workout. Classes emphasize stretching, toning, breath control and working core muscles. You will leave each session feeling rejuvenated and relaxed. Bring a mat.

Yoga Moves



Instructor: Maureen Lerch of World Class Fitness

Program 1: **Wednesdays, October 3 - October 31 (5 classes)**

Program 2: **Wednesdays, November 14 - December 12**

Time: 9:00 a.m. - 10:00 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40

Relax while strengthening your body in a class that can both introduce you to yoga or enhance your practice. Each class includes instruction in basic Yoga poses and breathing techniques. Standing, seated and balancing postures followed by deep relaxation and gentle guided imagery will help calm your mind while developing muscular strength and improving posture and flexibility.

Aerobics Tone & Stretch

Seniors Welcome!!



Instructor: Heather Rollo

Tuesday Morning Classes 8:30 a.m. - 9:30 a.m.

Program 1: **October 2 - October 30**

Program 3: **November 13 - December 11**

Thursday Morning Classes 8:30 a.m. - 9:30 a.m.

Program 2: **October 4 - November 1**

Program 4: **November 15 - December 20 (no class 11/22)**

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Resident \$30 Non-Residents \$40 **(5 classes)**

This program combines it all! Aerobics for cardio health, weights for building muscles and stretching to cool down and increase flexibility.

Intro to Belly Dance Aerobics



Instructor: Heather Rollo

Program 1: **Wednesdays, October 3 - October 31 (5 classes)**

Program 2: **Wednesdays, November 14 - December 12**

Time: 5:30 p.m. - 6:30 p.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40

Sweat and shimmy into shape by mastering the basic techniques of belly dancing. Learn to isolate the head, arms and torso and exercise your body with low impact aerobic movements. For all ages.

Morning Jump Start



Instructor: Patty Tuzzola of World Class Fitness

Program 1: Tuesdays, October 2 - October 30 (5 classes)

Program 2: Tuesdays, November 13 - December 11

Time: 6:00 a.m. - 7:00 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40

Jump start your morning with a low impact floor aerobic workout. Nothing fancy, easy to follow combinations to energize you and keep you burning calories throughout the day. All levels welcome.

Body Sculpting

Instructor: Maureen Lerch of World Class Fitness

Wednesday Afternoon Classes 4:15 p.m. - 5:15 p.m.

Program 1: October 3 - October 31

Program 3: November 14 - December 12

Friday Morning Classes 8:00 a.m. - 9:00 a.m.

Program 2: October 5 - November 2

Program 4: November 16 - December 14

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40 (5 classes)

This class will pump you up! Use hand weights, resistance bands, body bars, balls and other equipment to tone and sculpt the entire body. Concentration is on toning all the major muscle groups of the upper and lower body. A great full body toning workout.



Wake Up Workout



Instructor: Patty Tuzzola of World Class Fitness

Program 1: Thursdays, October 4 - November 1 (5 classes)

Program 2: Thursdays, November 15 - December 20 (no class 11/22)

Time: 6:00 a.m. - 7:00 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40

Work each muscle group to the max. This class comprised of a varied series of muscle toning exercises. Moves incorporate the use of equipment (bands, bars, weights) as well as your body's own resistance. Numerous intensity modifications and options make it a class for all fitness levels. Feel challenged as you get stronger.

Aerobic Abs & Glutes



Instructor: Maureen Lerch of World Class Fitness

Program 1: Mondays, October 1 - October 29 (5 classes)

Program 2: Mondays, November 19 - December 17

Time: 5:15 p.m. - 6:15 p.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40

This class will get your heart rate up and the pounds coming off. A combination of low impact cardio work with tightening and toning abs and glutes. Focus on firming these important muscles as they play a major role in good posture and a healthy back.

Not Just Weights



Instructor: Patty Tuzzola

Program 1: Mondays, October 1 - October 29 (5 classes)

Program 2: Mondays, November 12 - December 10

Time: 9:15 a.m. - 10:00 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd, Hampton Bays

Fee: Residents \$30 Non-Residents \$40

This 45 minute sculpt class will tighten and strengthen the core area and improve balance and flexibility while working on glutes, hips, abs, back and more. Exercises will include the use of bars, balls and your body's own resistance...not just weights.

Zumba Gold



Instructor: Maureen Lerch

Program 1: Fridays, October 5 - November 2

Program 2: Fridays, November 16 - December 14

Time: 10:00 a.m. - 11:00 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$30 Non-Residents \$40

Zumba uses Latin and international music to create a fun easy to follow dance exercise workout. It's not just for dancers it is for everyone. Learn and have fun as you express yourself with Zumba Gold. Great for beginners and intermediate adults and active seniors.

Southampton Town Recreation Center

1370A Majors Path, Southampton, NY 11968

631 287-1511, www.sysinc.org



Executive Director - Scott Johnson Program Director - Molly Lambert

SYS Family Fun Day

Date: Saturday, September 29 **Time:** 11:00 a.m. - 3:00 p.m.

Fee: Children 12 & under - Free; Teens - \$5; Adults - \$10

Join us for a fun filled day at SYS.

Trunk or Treat

Date: Sunday, October 28 **Time:** 1:00 p.m. - 3:00 p.m.

Free. Safe Halloween activity for all ages and families! Decorate the trunk of your car for Halloween and join SYS for some spooky fun with your family and friends creating the "Best Trunk".

Kidz Club After School Program

Dates: Begins September 5 **Grades:** K - 8 (transportation available)

Fee: Weekly \$40, Monthly \$125, Daily \$12, Prepay for 10 days \$100

Gym Class Heroes: Intro to Physical Education

Dates: Tuesdays & Thursdays, September 18 - November 8

Time: 4:30 p.m. - 6:00 p.m. **Fee:** \$25 per session/\$20 drop in fee

The ultimate P.E. class, participate in a wide variety of activities.

Explosion, Speed & Power

Dates: Mondays & Wednesdays October 1 - November 21

Time: 5:30 p.m. - 7:00 p.m. **Fee:** \$125/\$20 drop in fee

The perfect class for the preseason athlete who wants to improve their speed, strength & agility.

Basketball Clinic

Dates: Sept. 22 - Nov. 17 (no 9/29) **Fee:** \$125 session/\$20 drop in fee

Time: 4 - 6 yr old - 10:15 a.m. - 11 a.m. 7 - 11 yr old - 9 a.m. - 10 a.m.

Soccer Clinic

Dates: Sept. 22 - Nov. 17 (no 9/29) **Fee:** \$125 session/\$20 drop in fee

Time: 4 - 6 yr old - 9 a.m. - 10 a.m. 7 - 11 yr old - 10:15 a.m. - 11 a.m.

Tuesday Skills Clinic and Futsal Clinics:

Dates: Sept. 25 - Nov. 13 **Fee:** \$150 session/\$20 drop in fee

Time: 6-8 yr old: 5:00 p.m. - 6:30 p.m. 9-12 yr old: 6:30 p.m. - 8:00 p.m.

Also available Fall Basketball & Soccer Leagues for grades 3 - 8, Dance classes and Adult programs.

For more information, additional programs or to register call 287-1511

Trail Walks with the Southampton Trails Preservation Society

Saturday, Oct. 13 - Annual Celebration of the Long Pond Greenbelt

10:00 a.m. - Noon. Meet at the end of Round Pond Lane, Sag Harbor. Friends of the Long Pond Greenbelt invites the whole family to enjoy & celebrate the beautiful fall colors in the Greenbelt. Games, crafts, hikes & information about the greenbelt. FREE fun for the whole family including Lunch. **RSVP: Dai 631 745-0689**

Saturday, October 20 - Elliston Park Ramble

10:00 a.m. - Noon. Meet at the Park entrance on Millstone Brook Road, Southampton. Moderately paced hike with views of Wolf Swamp and Big Fresh Pond.

Leader: Howard Reisman 631-283-5376

Saturday, November 3 - Laurel Valley Excursion

10:00 a.m. - Noon. Meet at the kiosk on Deerfield Road, Noyac across from Deerwood Path (North Side Hills). Fast paced hilly terrain hike through wooded knolls and laurel filled ravines.

Leader: Glorian Berk 631-283-2638

Saturday, November 10 - Whiskey Hill Perambulation

10:00 a.m. - 11:00 a.m. Meet on Mill Path off Lopers Path, Bridgehampton. Moderately paced 1 1/2 mile hike with ocean views from top of moraine with kettlehole ponds and an enormous glacial erratic along the way.

Leader: Jean Dodds 631-599-2391

Friday, November 23 - Annual Walk it off Walk

10:00 a.m. - Noon. Meet at the end of Round Pond Land, Bridgehampton-Sag Harbor Turnpike. Fast paced hike to shed that Thanksgiving stuffing.

Leader: Dai Dayton 631-745-0689

Saturday, December 1 - Long Pond Greenbelt North Loop

10:00 a.m. - Noon. Meet at Mashashimuet Park, Sag Harbor. Moderately paced hike with spectacular views of Long Pond, Little Long Pond & Crooked pond. Rain or snow cancels.

Leader: Bob Wolfram 631-848-2255

Sunday, December 16 - Northwest Path HOT Ride

BYO Horse & Helmet. Must be member of HOT/STPS to participate due to insurance requirements. Easy to join day of ride. Call Barbara Bornstein 631- 537-6188.

There is NO charge to participate in these walks!

Southampton Trails Preservation Society 631 537-5202

www.southamptontrails.org

Town of Southampton Senior Services

Senior Centers

Meals are provided in the bright and cheerful setting of our own facilities. Many social, cultural, educational and recreation opportunities are offered at our centers. Additionally, an appealing nutritionally balanced meal is served daily at noontime, suggested donation \$3.00. Round trip transportation is available. Computers available.

Home Delivered Meals

Meals can be provided on a temporary or long-term basis five days per week for homebound seniors for a suggested contribution of \$3.00

Location of Town Community Centers

Bridgehampton - 585 Sag Harbor Turnpike 537-3027

Hampton Bays - 25 Ponquogue Avenue 728-1235

Flanders - 655 Flanders Road 702-2375

Days & Time: Monday - Friday 8:00 a.m. - 4:00 p.m.

FAN Food

Location: Hampton Bays Senior Center

Dates: Tuesdays, October 16, November 20, December 8

Time: 9:30 a.m. - 11:00 a.m.



This program is for seniors who meet an income criteria (\$1211 for a single person; \$1640 per couple). It provides a monthly allotment of food including canned fruits, juices, vegetables, cereal, pasta, canned fish & meats, and dairy items. Transportation can be provided.

Please call 728-1235 for further information

Adult Day Care Program

This wonderful program provides companionship and stimulation as well as respite, information, referrals and support groups for caregivers. A continental breakfast and hot lunch are served daily.

Transportation can be provided.

Dates: Monday to Friday

Time: 8:00 a.m. to 2:00 p.m.

Location: Hampton Bays Senior Center, 25 Ponquogue Avenue

Fee: \$30 Daily fee

Day Care participants include adults who are physically impaired, socially isolated, in need of assistance and personal care, mentally confused, and/or limited in their ability to function independently in the community. **For more information call 728-1235**

Senior Services Programs



Support Groups for Caregivers of the Elderly

These groups provide information, educational skills, and support to families who are caregivers of the elderly in our township.

Location:

Hampton Bays Senior Center, 25 Ponquogue Ave, Hampton Bays

Caregivers Support Group

Dates: 2nd & Last Weds. of every month **Time:** 1:00 p.m. - 2:30 p.m.

Join us for lunch at 12:00 p.m.

Adult Children of Aging Parents Support Group

Dates: 3rd Weds. of every month **Time:** 6:30 p.m. - 8:00 p.m.

Family style dinner served from 6:30 p.m. - 7:00 p.m.

Grandparents Raising Grandchildren Support Group

Dates: 2nd Weds. of every month **Time:** 6:00 p.m. - 8:00 p.m.

Childcare is available, Family style dinner 6:00 p.m. - 6:30 p.m.

Please call 728-1235 for further information.

Senior Clubs

Southampton Seniors:

Dates: First & Third Wednesday of each month **Time:** 10:00 a.m.

Place: Hampton Bays Center, Ponquogue Ave., Hampton Bays

First meetings will be Wednesday, September 5 & 19

Greater Westhampton/Seatuck Seniors:

Dates: Second & Fourth Tuesday of each month **Time:** 11:00 a.m.

Place: Westhampton Community Center, Mill Rd., Westhampton

First meetings will be Tuesday, September 11 & 25

Sponsored by Town of Southampton, **our Clubs meet from September to June.** All Clubs offer socialization and programs of interest.

SAGE LI Hampton Bays Mingle

Dates: Second & Fourth Thursday of the month

Time: 3:00 p.m. - 5:00 p.m. Dinner on the 4th Thursday at 4:30 p.m.

Place: Hampton Bays Center. For gay, lesbian, bisexual seniors

Call 728-1235 for further information

Are You Okay?

A daily telephone reassurance program is available to confirm all is well for seniors living alone or disabled. This program features a daily telephone call to subscribers at the same time each day, seven days a week, 365 days a year. **Please call 728-1235 for more information**

Senior Services Programs

Senior Shuttle

The Town of Southampton Essential Services/Handicapped Transportation Program is designed to aid homebound persons and non-driving residents of the township with transportation to & from such basic essential services as shopping, banking, non-emergency medical visits, visits to governmental agencies, and hospital visitation of a sick spouse. Advance reservations are required. Suggested contribution \$2.00 round trip. **For further information, call the Shuttle office 728-1110, weekdays, 8:30 a.m. to 4:00 p.m.**

Expanded In-Home Services For Elderly Program & Helping Hands Program

Southampton Town provides services through the Dominican Sisters Family Health Services. These are programs that provide services for seniors who need assistance with cleaning, shopping, laundry, errands and friendly visiting.

For more information please call 728-1235 or 728-0937

Residential Repair Program

The Town of Southampton offers a residential repair program for residents age 60 years and over, who are owners or renters. This program provides household assistance with chores that do not require the skills of a licensed craftsman. *This is not an emergency service.*

Call 728-1235 for a list of the types of repairs provided and to schedule an appointment with our repairman.

Family Caregivers Course

Date: Thursdays, September 20, 27, October 4, 11, 18 & 25

Time: 5:00 p.m. - 7:00 p.m. (a light dinner will be served)

Location: Hampton Bays Senior Center, Main Room



This program is designed to help families acquire care giving skills. Classes include detailed instruction on how to care for someone on bed-rest, personal care, safe wheelchair use, medication management, infection control, fall prevention and more. Join us for these supportive information packed classes.

Please call 728-1235 for more information

Senior Services Programs

Celebrate National Senior Center Month

Senior Centers - You're place to connect! Senior Centers are a place to join a community, build friendships, stay healthy and active, foster and learn new skills. Join us for special events throughout the month of September as we showcase our Services. This years National Celebration Theme is

" It Happens at My Center..My Life...My Time...My Way"!

We will host a number of special events at all of our Senior Centers they will include: Active Aging Week, Grandparents Day Breakfast, "Mocktail" Party, and Health Festival.

For more information call 728-1235

Seniors 4 Kids

Dates: Tuesday, December 4 - Hampton Bays Center
Tuesday, December 11 - Bridgehampton

Time: 10:00 a.m. - 11:00 a.m.

Generation rely on each other for support and assistance. When children are in need, older adults can be counted on to help. The goal of our Seniors4Kids program is to increase public and political awareness of the powerful role older adults play in child advocacy. Be part of this program and invest your TLC in prominent childhood issues of today. Help us create successful, healthy communities by becoming an advocate for children in your community. Join us for a meeting to discuss details of the program to begin mid/late January.

For more information call 728-1235

Mini Walk Fundraiser

Date: Thursday, October 11 **Time:** 10:45 a.m.

Place: Hampton Bays Senior Center



The Town of Southampton Adult Daycare is sponsoring this special event. Participants will walk once around the Hampton Bays Center to show support for Alzheimer's patients and to help raise funds for our Adult Daycare program. All funds raised will be used to enhance our program. Donations may be made out to "Town of Southampton Adult Day Center" and brought to the walk or mail Town Southampton Senior Services, P.O. Box 974, Hampton Bays, NY 11946.

Please call 728-1235 for more information

Senior Services Programs

Fall Crafts

Create a special gift for you or for someone dear to you.

Program 1: Halloween Craft

Time: 10:00 a.m.

Date: Friday, October 26 - Hampton Bays Center

Date: Thursday, October 25 - Flanders Center

Date: Tuesday, October 23 - Bridgehampton Center



Program 2: Thanksgiving Craft

Time: 10:00 a.m.

Date: Tuesday, November 13 - Bridgehampton Center

Date: Thursday, November 15 - Flanders Center

Date: Friday, November 16 - Hampton Bays Center

Program 3: Holiday Craft

Time: 10:00 a.m.

Date: Friday, December 14 - Hampton Bays

Date: Thursday, December 13 - Flanders

Date: Tuesday, December 18 - Bridgehampton

Call 728-1235 for more information

Chair Yoga

Date & Time: Tuesdays 10:30 a.m. - 11:30 a.m.

Location: Hampton Bays & Bridgehampton Senior Centers

Date & Time: Mondays 10:30 a.m. - 11:30 a.m.

Location: Flanders Senior Center

You have nothing to lose and so much to gain! Inspired by the video "Yoga in Chairs" you will benefit from this program in so many ways. Yoga encourages proper breathing, good posture, better balance, increased flexibility, strength and circulation. Join us for this half hour class and you will begin to see and feel the benefits of chair yoga.

Call 728-1235 for more information or to register

Country Line Dancing For Seniors

Beginner & Intermediate

Instructors: Muriel Henry/Jean Guydish

Times: 1:00 p.m.

Fee: FREE

Location: Hampton Bays Center - **Every Wednesday**

Flanders Senior Center - **Every Monday**

***** Please Wear Soft-Soled Shoes *****



You know you should exercise more, but dread the thought?

Country Dancing is the answer!! **Partners are not required.**

Come and join the fun with the Dancing Boots!

For more information or to register please call 728-1235

Senior Services Programs

Walking Club

Dates: Every Monday **Fee:** \$10 yearly payable to SYS

Bridgehampton & Hampton Bays Center:

Bus leaves both centers every Monday 10:00 a.m.

Flanders Senior Center:

Bus leaves center at 9:45 a.m.

We will walk along Long Beach for the month of September, then move indoors to the Southampton Town Recreation Center.

Please call 728-1235 for more details and to register

“Stretch & Tone” Exercise Classes

All fitness levels welcome!

Bridgehampton Senior Center: Fridays at 10:45 a.m. **Fee:** Free!!

Hampton Bays Senior Center: Mondays & Fridays at 10:00 a.m.

Flanders Center: Wednesdays at 10:45 a.m.

Exercise can help you take charge of your health and maintain the level of fitness necessary for an active, independent lifestyle!

Please call 728-1235 for further details.

Don't Have Time to Exercise?

Date & Time: Mondays - Friday 9:00 a.m. - 3:00 p.m.

The Flanders Community Center has a pool table, ping pong table and foos ball table available for your use and pleasure. Come on down and enjoy!

Shell Painting

Dates: Thursdays

Time: 10:00 a.m.

Place: Flanders Senior Center



Feeling creative? Or looking to become creative? Join Stella and explore the world of beach shell painting.

For more information call 702-2375

Flu Shots

Sponsored by the Suffolk County Health Department & the Town of Southampton

Contact your local Senior Center for dates and times.

Hampton Bays 728-1235 Flanders 702-2375

Bridgehampton 537-3027



Senior Services Programs

Coffee and Conversation



Dates: **Thursdays** - Hampton Bays **Time:** 10:00 a.m.

Dates: **Thursdays** - Bridgehampton **Time:** 11:00 a.m.

Dates: **Fridays** - Flanders **Time:** 10:30 a.m.

We will discuss a different topic every week pertaining to various worldly issues, self-improvement and well being. In this group you will develop a support group.

Please call 728-1235 for more information

Duplicate Bridge Games



Date: **Thursdays** **Time:** 1:30 p.m. - 4:30 p.m.

Place: Bridgehampton Senior Center - 537-3027 for information

Prior Bridge Playing Experience Necessary
Must Have A Partner

Mah Jongg Club



Date & Time: 1st & 3rd Wednesdays, 1:00 p.m. - 4:00 p.m.

2nd & 4th Wednesdays, 9:00 a.m. - Noon & 1:00 p.m. - 4:00 p.m.

Location: Hampton Bays Senior Center

The original mahjongg game is a board game for four players somewhat similar to the card game "Gin Rummy", but played with tiles instead of cards. Recently a growing number of people are realizing the intellectual challenge Mah Jongg poses and the beauty and excitement of the game itself. Come and join the fun of this ancient Chinese Tile Game.

No Fee Required. Call 728-1235 for information

Bingo

The game of Bingo dates back to the 1500's in Italy. Bingo arrived in the United States in 1929 and was originally referred to as Beano. Today it is as hot as ever. Come and join in the fun.

Fee: **Free** **Call your local Senior Center for information**

Locations:

Bridgehampton Senior Center: **Every weekday. 12:30 p.m. - 1:15 p.m.**

Hampton Bays Center: **Every day except Weds. 1:00 p.m. - 2:30 p.m.**

Flanders Senior Center: **Every day except Mon. 12:30 p.m. - 2:00 p.m.**

Senior Services Programs

Computer Class



Jump into the modern day world...it may be scary but it is easy! All three of our senior centers have computers set up for you to use. A senior volunteer at the centers will assist you with the basics, turning on the system, "getting online" and opening your very own email account! **Instruction is available.**

Hampton Bays - Fridays, 10:00 a.m. - 11:00 a.m. - 728-1235

Flanders - Mondays 10:00 a.m. - 11:30 a.m. - 702-2375

Drawing 101 with Mister Bill



Date: Tuesdays Time: 10:00 a.m.

Place: Flanders Senior Center

If you can write you can draw. Drawing like writing is a learned skill. Talent has nothing to do with learning to draw. Come have fun, make believe you are Michelangelo - if people are admiring your work one hundred years from now you are talented.

For more information or to register call 728-1235

Supper Club - with Phillip Harwood

Date: Friday, November 9, Topic: Gershwin-Hollywood Musicals

Time: 5:00 p.m. - 8:00 p.m. Place: Hampton Bays Center Fee: \$12

Enjoy an entertaining evening as noted film lecturer, Phillip Harwood presents a mini film festival. A light dinner will be served

For more information call Heather 728-1235

Knitting & Crocheting Circle - Cover Me with Love

Time: 10:00 a.m. - 11:30 a.m.

Place: Hampton Bays & Bridgehampton Centers

Dates: Tuesdays, October 9, 23, November 13, 27 & December 11

Place: Flanders Center

Dates: Tuesdays, October 2, 16, November 6, 20, December 4 & 18

"Cover Me with Love" distributes blankets to children of all ages in need throughout North America. We are looking for you to share your creative talents and invite you to knit, crochet, quilt or sew a blanket. Your generous gift will envelope a child in worth and love. Please bring your own knitting/crocheting needles and current projects. Yarn will be supplied for the small project.

For more information or to register call 728-1235

Senior Services Programs

Melodies & Memories - "Creative Aging"

Dates: Sept. 27, Oct. 2, 4, 9, 11, 16, 18, 23, 25, 30, Nov. 1, 6, 8

Show Date: November 13

Time: 10:00 a.m. - 12:00 p.m.

Place: Westhampton Beach Performing Arts Center

Fee: suggested donation to help defray costs \$40.00

This program provides an opportunity for you to learn and master skills in music, dramatic performance, creative writing and visual arts all while reminiscing and sharing life stories. Each week we delve into the past, listening to and singing songs from years ago to spark our memories and share stories with one another. We will then use writing and dramatic presentation or a visual art project as a means to share our stories. In the end we will weave together music, drama and art to present an unforgettable performance and art exhibit for family and friends to share and enjoy.

For more information or to register call 728-1235

55 Alive Defensive Driving

Instructor: AARP Certified

Program 1: Saturday, September 15

Time: 9:00 a.m. - 3:00 p.m.

Location: Hampton Bays Senior Center

Fee: \$12.00 for members \$14.00 non-members (please make checks payable to AARP and mail to HB Senior Center, P.O. 974, Hampton Bays, NY 11946 **PRIOR TO CLASS**). **Register prior to mailing checks.**

Refine existing skills, develop safe and defensive driving techniques and receive auto insurance premium reductions.

Pre-Registration required. For more information call 728-1235



Book Discussion Series

Place: Hampton Bays Senior Center Library

Time: 2:30 p.m. - 4:00 p.m.

Dates: Fridays, October 19, November 16 & December 14

Come and join this lively and stimulating book discussion group. Books are generally supplied and there is a time for fellowship and refreshments. Titles include "Fahrenheit 451", "Bridge of Sighs" and "Blind Assassin".

For more information call 728-1235



Senior Services Bus Trips

Trip Policy: Payment must be made within one week of your reservation. If payment is not received by that time your name will be taken off the reservation list. **Cancellations:** Refunds will be given **ONLY** if your reservation can be filled by someone on the waiting list.

Senior Dine Around and Tour

Enjoy a beautiful fall day on the North Fork! We will travel on our shuttle buses and make a few stops along the way. We will make our first stop at the "Candyman" shop a local favorite then we will peruse the shops and if you like ride the carousel in Greenport Village. Lunch will be at the Soundview Restaurant. After lunch we will stop at Harbes Farm Stand to do some shopping for home grown fruits and veggies. We will finish our day at Briermere Farms for some assorted goodies and sweets.

Date: Friday, October 5 **Fee:** \$40.00

Time: 9:00 a.m. departure 1:00 p.m. Lunch

Pre-registration is required, please call 728-1235

Oktoberfest - Platzl Brauhaus



Date: Friday, October 12

Bus Departs: Bridgehampton Center - 7:00 a.m.
Hampton Bays Center - 7:30 a.m.
Flanders Center - 7:45 a.m.

Fee: \$79.00 (includes transportation, meal and gratuities)
Choice of entrée - Pork Platter or Roasted Chicken

Join us for a day of music, dancing, entertainment and gemütlichkeit! Enjoy upstate New York and the beautiful fall foliage

Pre-Registration required, call 728-1235

Gateway Playhouse Theater

Date: Monday, December 17

Bus Departs: Hampton Bays - 12:30 p.m.
Bridgehampton - lunch in HB before the show
Flanders - 12:45 p.m.

Show Time: 2:00 p.m. **Fee:** \$45

Enjoy one of the season's favorite stories..."White Christmas". Join us for lunch at either Hampton Bays or Flanders.

For more information or to register call Heather at 728-1235

Senior Services Bus Trips

Bowling Party



Date: Tuesday, November 20

Start Time: 11:00 a.m.

Place: Wildwood Bowling Alley

Fee: \$22.00 (includes 2 games of bowling, shoe rental, a pizza lunch and transportation)

Join us for fun fellowship and exercise - all abilities & levels welcome

Pre-registration is required, please call 631-728-1235

Dinner & A Movie

Date: Thursday, November 1

Fee: \$43

Time: 5:00 p.m. Dinner and 7:00 p.m. Show

Join us for dinner at Buckley's Pub and then take in a comedy "The Big Wedding" starring Robert DeNiro, Diane Keaton, Susan Sarandon, Robin Williams, Katherine Heigl and Amanda Seyfried

Pre-registration is required, please call 728-1235

An Afternoon at the Movies



Movie: Oct. - War Horse, Nov. - Adam's Rib, Dec. - Elf

Time: 12:45 p.m.

Place & Date:

Hampton Bays Center - **October 3, November 7, December 5**

Bridgehampton Center - **October 10, November 14, December 12**

Flanders Center - **October 11, November 8, December 6**

Join us for an afternoon of entertainment! We will indulge in a movie, popcorn and other snacks. Lights, camera, action!

You Can Make a Difference

Dates: Monday, October 29 & November 26 (no December meeting)

Time: 1:15 p.m. - 2:15 p.m.

Place: Hampton Bays Center

Become a Volunteer! Providing friendly recognition, support and sometimes assistance to others can be a rewarding experience. Volunteers at Southampton Senior Services contribute their talent and energy toward creating encouragement, joy and a sense of stability to seniors throughout our community. Orientation meetings are held the last Mondays of each month. Refreshments will be served.

For a volunteer application or more information call 728-1235

Check it out!

Youth Bureau



Call 702-2425 or go to

www.southamptontownny.gov/youthbureau

Video Game Tournament

Plus Magic the Gathering Event

Date: Friday, September 28

Time: 6:30 p.m. - 10:00 p.m.

Place: 655 Flanders Road, Flanders

Grades: 7 - 12 **Fee:** \$5

All proceeds go to help build Iron Point Park in Flanders.

The Haunted Path

Dates: Friday, October 26

Time: 7:00 p.m. - 10:00 p.m.

Place: SYS, 1370A Majors Path, Southampton

Grades: 6 - 12

Fee: \$5 (includes transportation and admission)

Come navigate the Haunted Path where ghouls and spooks lurk.



Halloween Happenings

Dates: Saturday, October 27

Time: 1:00 p.m. - 3:00 p.m.

Place: SYS, 1370A Majors Path, Southampton

Open to all ages!

Come enjoy The Haunted Path, Trick or Trunk, arts & crafts, & more!

Extreme Rec Day

Date: Monday, November 12

Time: 10:00 a.m. - 3:00 p.m.

Grades: 3 - 8

Place: SYS, 1370A Majors Path, Southampton

Fee: \$10 (includes admission, food and snacks)

Additional \$5 (Early drop off from 8 a.m. - 10 a.m.)

**** Preregistration deadline Nov. 9 ! Space limited !****

Have an extreme afternoon with a giant slide and bouncer, arts & crafts and more!



Glow in the Dark Night

Date: Friday, December 7

Time: 7:30 p.m. - 10:00 p.m.

Fee: \$10

Grades: 3 - 8

Place: SYS, 1370A Majors Path, Southampton

Have you ever played glow in the dark dodge ball, basketball or football? Concession open! **\$2 Transportation Available**

Bayville Scream Park

Take a haunting bus trip to Bayville Scream Park

Date: Friday, October 12

Time: 7:00 p.m. - 11:00 p.m.

Grades: 8 - 12

Fee: \$5 Transportation Fee plus ticket price

5 Haunted houses to choose from (max 2 houses) \$14.75 per house



Guarantee your seat with a preregistration form. Transportation schedule and trip details available call 702-2425

Space is limited! Tickets will be purchased at Bayville. Visit

www.Bayvillescreampark.com for park information

Check it out!

Youth Bureau



Call 702-2425 or go to

www.southamptontownny.gov/youthbureau

Youth Centers

For youth in 5th - 12th grade

Fully stocked youth center!

Games, crafts, field trips, computers, workshops,
and homework assistance.



The PATH

at SYS 1370A Majors Path
Southampton

For more info call 283-6045

The Drop Spot

at 655 Flanders Road
Flanders

For more info call 702-2392

JOIN YAC TODAY!

(Youth Advisory Committee)

We're looking for **students in 7th - 12th grade** to help us create and plan activities designed by you. Dinner will be provided!

Earn community service credit!

For more information please call 702-2417

WEST Sept. 18 - Flanders Comm Center **EAST Sept. 24** - SYS

Time: 6:30 p.m. - 7:45 p.m.

Youth Court

You will learn how to be an attorney, jury member, clerk, bailiff and judge for REAL court cases!

Training takes place over two days - Saturdays, Oct. 13 & Oct. 20

Time: 10:00 a.m. - 2:00 p.m. Ages: 13 - 18

Meetings every Monday beginning October 17 Time: 6:00 - 7:30 p.m.

Place: Southampton Justice Court, 32 Jackson Ave. Hampton Bays
Transportation is available.

ACT TWO



A teen theater troupe who write screenplays, perform and use improvisation to talk issues they confront day to day. Ages: 13 - 18

Classes held at Hampton Bays Community Center, **Thursdays** from 6:00 p.m. - 7:30 p.m. Call 702-2421 for more information

Project Venture

This prevention program sponsored by Alternative Counseling Services nurtures youth's leadership potential through adventure based learning and service to family, community and nature. **Participants in grades 7th - 10th prepare all year for a wilderness camping trip.**

Must be able to attend each week.

Weekly after school meetings begin in October

To register call 702-2424





Pumpkin Carving Contest

Open To All Ages!!

Date: **Saturday, October 27** **Time:** 5:00 p.m. - 6:30 p.m.

Place: East Quogue Village Green, Montauk Highway & Lewis Road

This is a free event with ribbons in several spooky categories, so bring your **carved** pumpkin with candle to the East Quogue Village Green between 5:00 p.m. and 6:00 p.m. No carving is permitted at the event. Judging will start at 6:00 p.m. and winners will be announced shortly after. All entries must be taken home afterwards. Category info will be posted October 1st. **For more information please call 728-8585.**



Town of Southampton Parks & Recreation Dept.

6 Newtown Road, Hampton Bays, NY 11946

Phone: 631-728-8585 Fax: 631-728-8525

Website: www.southamptontownny.gov

Town Supervisor

Anna Throne-Holst

Town Board

Bridget Fleming James W. Malone

Christopher R. Nuzzi Christine P. Scalera

Town Clerk

Sundy A. Schermeyer

Parks & Recreation Department

Christopher F. Bean, Superintendent

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